



Tips for talking with your doctor about APOL1-mediated kidney disease (AMKD)



If you have questions about **APOL1-mediated kidney disease (AMKD)** you should talk to your doctor. AMKD is genetic, the best way to manage it is to detect it early. Below are a series of questions to help guide your conversation with your doctor.



QUESTIONS TO ASK YOUR DOCTOR:

- From my family history and symptoms, do you think I am at risk for AMKD?
- How do I get tested for kidney disease?
- Can you tell me about genetic testing?
- Can you explain the process for getting tested for the APOL1 variant?
- If I do test positive for AMKD and I have both APOL1 variants, what are the next steps?
- Can you refer me to a genetic counselor who can answer my questions around genetic testing?
- Are there any things that I can do to keep my kidneys healthy?
- What signs/symptoms should I look out for if I am at risk of kidney disease?
- Are there any lifestyle changes I should make to improve my health?

KEEP YOUR DOCTOR INFORMED:

There are some specific characteristics of AMKD. **Check** any that apply to you and share with your doctor.

- I have chronic kidney disease
- I have a family history of kidney disease
- I have family members who have one or more copies of the APOL1 variants
- I have African ancestry and/or identify as one of the following:
Black, African American, Afro-Caribbean, Latina/Latino
- I have high blood pressure
- I frequently experience swelling in my hands/ankles/feet
- I have been feeling fatigued/weak
- I have foamy urine



Medical Professionals: learn more about APOL1-mediated kidney disease and implications for care.

Webinar: [APOL1-mediated kidney disease: Overview and Implications for Care](#)

Guide: [APOL1-mediated kidney disease: professional webinar summary](#)